

Iowa Department on Aging

Director Donna Harvey

**For Immediate Release:
October 14, 2011**

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Iowa Department on Aging Encourages Older Citizens and Their Families to Celebrate Eating Healthy on National Food Day

October 24 will be a Celebration in Support of Healthy, Affordable Food

(Des Moines, IA) – Today Iowa Department on Aging Director Donna Harvey encouraged older Iowans and their families to take part in the first national **Food Day** on October 24, 2011.

“Food Day seeks to bring generations together with folks from all walks of life, our older Iowans and their families, healthcare professionals, community workers, local businesses, local chefs and all citizens to support healthy, affordable food,” Director Harvey stated.

For those older Iowans who need help with their meals, the Iowa Department on Aging via area agencies on aging provide nutritious meals, nutrition counseling and nutrition education through home-delivered and congregate meals programs:

- **Congregate Meal Program** - promotes health and independence for our older citizens by providing meals at local senior centers and other community outlets. Individuals over 60 years of age can come together to eat, socialize and enjoy a nutritious meal that provides them with up to one third of their daily nutritional requirements. Last year over 55,000 older Iowans enjoyed over 1.6 million healthy meals at meal sites.
- **Home-Delivered Meal Program** – provides meals to those who are unable to leave their homes due to illness, disability or inability to travel. Last year over 1.4 million nutritious meals were delivered to over 19,000 older Iowans.

“Congregate and home-delivered meals promote good health and improve nutritional intake which helps older Iowans remain independent and living in their own communities,” Director Harvey said. “To find a congregate meal site or to find out more about home delivered meals, contact the Iowa Association of Area Agencies on Aging toll-free at: 1-866-468-7887, or go online to: www.i4a.org .”

For more information on the Iowa Department on Aging (IDA) go to: <http://www.aging.iowa.gov/> . To find out about local resources for older adults and people with disabilities, visit: <http://www.lifelonglinks.org/> .

The mission of the Iowa Department on Aging is to develop a comprehensive, coordinated and cost-effective system of long-term living and community support services that help individuals maintain health and independence in their homes and communities.

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